

# B4TA 2023 OFFSEASON WEEKLY TRAINING CALENDAR



## 2023 OFFSEASON TRAINING FACILITIES

MAJOR OWENS COMMUNITY CENTER (MOCC) - 1561 BEDFORD AVENUE, BK, NY

CJTURN2FITNESS - 36-19 STARR AVE, LIC, NY

### JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02 Pos. Group Skills Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	03 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	04 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	05 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	06 Pos. Group Skills + Strength Training Location: Major Owens Pos. Group (6p – 7p) Strength (7p – 8p)	07 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	08 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
09	10 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	11 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	12 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	13 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	14 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	15 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
16	17 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	18 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	19 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	20 Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	21 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	22 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
23	24 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	25 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	26 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	27 Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (6:30p – 7:30p)	28 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	29 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p

### FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	01 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	02 Pos. Group Skills Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	03 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	04 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	05 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
06	07 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	08 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	09 Pos. Group Skills Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	10 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	11 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	12 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
13	14 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	15 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	16 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	17 Pos. Group Skills Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	18 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	19 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
20	21 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	22 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	23 Pos. Group Skills Location: Major Owens Youth (7p – 8p) H.S. (7:30p – 8:30p)	24 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	25 Private 1:1 Sessions Available Times: <a href="#">HERE</a>	26 Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p

For more information, email [b4tanyc@gmail.com](mailto:b4tanyc@gmail.com)